



Mindful Messages

Issue #32

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Next Reiki Classes

It's been a busy summer so far and it's really just begun! We had a wonderful Axiational Alignment class with some very special people - thanks to all that attended.

If you're aware of anyone wishing to take Level 1 and/or 2, please have them contact us to join those already registered for our next class on July 29th and 30th.

For all Reiki Masters who wish to kick it up a notch, please set aside September 22nd and 23rd for the amazing Beyond Masters Class. You'll learn some incredible procedures and techniques not only for clients but for you to use every day! We guarantee, you won't be the same when you leave!

Our Reiki Shares will start again in September.

Massage Tables

The response to our massage tables has been amazing and in only 1 ½ months we sold out!



Because of the price and no cost shipping, word spread quickly across Canada.

Not to worry though! We've been told by the manufacturer that more are on the way.

As soon as we hear about the model type(s), we'll let you know. If you're interested in getting a table, please give us a call - there's a waiting list already so we'll make sure that we notify you when they arrive.

Healing Past Issues

There are times in our lives that just getting through the day seems like a major accomplishment. We try to live by the Reiki Principles but sometimes hitting the pillow at night is the reward that you look forward to as you struggle to do your best and deal with life challenges.

"If you find a path with no obstacles, it probably doesn't lead anywhere."

Frank A. Clark

But as we know, those challenges are shaped by your attitude towards them. If you see each as a huge crisis with formidable obstacles that are overwhelming you or whether you see them only as a life lesson that you'll let the Universe assist you with is indicative of where you are on your own journey.

We soon realize what Dr. Usui knew so well - that it's our emotions and the ability to control and use them effectively that is a primary life task. As Reiki Practitioners, this must be an adopted truth as we try to abide by the principles each and every day.

But it's more than just handing all that's thrown at us each day. It's getting to the point where we can deal with all the stuff that's already been tossed our way - all the incidents and situations from when we were children and through into adulthood that mold us and affect how we react today - even on the smallest level.

It works something like this:

Say we're going into an office building and the man in front of us doesn't hold open the door for us. In fact, it practically closes in your face. To make matters worse, you have your arms full and you could have sworn that he saw this.

Funny how little things like this can really get to you. Would you do any of these things (be honest and make sure that your ego hasn't already convinced you that you are a saint):



- Shake your head
- Wonder why he's so rude
- Curse the guy under your breath
- Swear out loud
- Look at them in disbelief
- Say something to a nearby stranger
- Yell something at them

You respond in some fashion immediately because your past has shaped that response and the right moment triggers it.

"Let's not forget that the little emotions are the great captains of our lives and we obey them without realizing it."

Vincent Van Gogh

Small things like this are affected by so many things:

- Whether someone else was rude to you just before this happened
- Your belief in being courteous
- Your attitude toward men
- Your attitude towards strangers
- What your parents taught you about being helpful
- The number of times this has happened before
- What teachers in school taught you
- How your spouse treats you

How we respond to all things today is affected by how things have affected us in the past, regardless of how small a thing it is.

Let's change the scenario.

A very elderly woman is shuffling along in front of you. She struggles with opening the door to get into the building, obviously being affected by the door's weight. You are coming up behind her with an armload of groceries but she fails to open the door for you and lets it shut.

Does your reaction change?

You probably behave differently because you start making excuses for the person based on your feelings about her and your beliefs about seniors, especially frail ones. In fact, this episode may spark old memories. For example, my mom had Alzheimer's Disease so seeing an elderly woman like this may make me miss her, feel sad or even guilty or may make me smile remembering the good times with her. So, instead of feeling angry about this elderly, frail stranger not opening the door, I may feel a bunch of other seemingly totally unrelated emotions.

Or do you get angry about how inconsiderate she was because it rekindled painful memories of being abused by grandparents or gray haired parents.

"Your belief determines your action and your action determines your results, but first you have to believe"

Mark Victor Hansen

So, we have different beliefs, created by our repeated thoughts about a certain topic compiled and sorted over time, which were affected by influential people from our past.

Similar situations often cause different reactions because we relate to different beliefs - men who don't open doors are rude but elderly women who don't open doors can be forgiven.

When people in our past caused us to feel an emotion, just as we continue to do now, we threw it out to the Universe. It has to go somewhere because it's energy. It has a substance that's quite tangible. We know this because we've had it demonstrated to us many times: the first time we fell deeply in love, at the death of someone close or the first time we were crushed by someone's rejection.



Emotions have a huge weight.

All the negativity that we've tossed out to the Universe is still there and, since we own it, it'll just head back our way when we toss out another similar emotion. These emotions are just like magnets - positive charges are attracted to other positive charges and negative to negative. Like emotions attract.

If we can address these past emotions and resolve the negativity associated with them, while making sure that we don't continue to respond negatively to new situations, then our relationship with the Universe has to change. Just as like emotions attract, unlike emotions repel.

"People deal to much with the negative, with what is wrong. Why not try to see positive things, to just touch those things and make them bloom"

Thich Nhat Hanh

So, if I'm more loving, then all the bad emotions have nothing to be attracted to and all that I will attract is more love! Send love out there and it'll attract more love - sounds good to me! Send anger, hatred, worry, guilt and shame out there and there's probably quite a bit of your old stuff floating around that will be attracted to it and wham - you get slammed with something that's not too pleasant.

Think I'll try the love part!

Send anger, hatred, worry, guilt and shame out there and there's probably quite a bit of your old stuff floating around that will be attracted to it and wham - you get slammed with something that's not too pleasant. Think I'll try the love part!

So, here we are trying to get through each day and we're still being affected by stuff from the past. If we could actually see all these lumps of old negative emotions floating around, we probably wouldn't even remember where most of it came from. We'd just be startled with how much is out there.

Step One - Turn off the tap!

So that you don't attract all this old stuff, stop sending out negative emotions that attract it! No, I don't mean not to get angry at your children or partner / spouse - which obviously you shouldn't do, I mean, start working on the small stuff.

As soon as you get up in the morning, be conscious of your thoughts and start recognizing how you are responding to the insignificant things that affect you. Here are some examples - see which ones seem familiar:

- I hate when the toast is burnt.
- Oh I wish I had more time to sleep!
- Oh no, I have that meeting today!
- Look at how much I owe on this bill!
- How come there's no more butter?
- Oh no, it's raining. My hair will be a mess.
- Oh no, it snowed last night!
- What did I do with my keys?
- How come there's no hot water.
- My back is killing me!
- Where's the morning paper?
- Will you look at how dirty the car is!
- What do you mean you have nothing to wear!
- Why didn't you tell me you needed that last night?
- Who drank all the orange juice?
- The kitchen is a mess!



"Let's not forget that the little emotions are the great captains of our lives and we obey them without realizing it."
Vincent Van Gogh



You don't think these all amount to very much? Sure, they probably don't cause you to emit a huge amount of anger, frustration, worry, etc. all at once but imagine thinking even one of those things every day for 20 years! Wow! Must be a big cloud of negativity hanging out there just waiting to rain down on you?

Throw in a couple of your major tantrums and you're in for quite a storm.

Just for today.....

- As soon as you wake up in the morning, recite the principles to yourself
- Each time you have one of those minor emotions come to the surface, be conscious of it. Is having your toast burnt that big of a deal or is it just a good excuse to get a coffee and donut at Tim's. The reaction is up to you.
- Make a mental note and set an intention to respond differently next time
- At the end of the day, review how you've been doing and set an intention to do better tomorrow. Think that you'll be shocked at how much negativity seems to be easily leaking out of you as you go through the day.

"It is not because the truth is too difficult to see that we make mistakes... we make mistakes because the easiest and most comfortable course for us is to seek insight where it accords with our emotions - especially selfish ones."

Alexander Solzhenitsyn

Try to turn off the tap and change those behaviours and you'll find that the times that really stress you are much easier to deal with. In fact, what you saw as a problem in the past may in the present be seen as a small situation that's fixable.

And since you aren't generating so many negatives and attracting all the bad stuff that's out there, you will find that your days start to change for the better.

Step Two - all you need is love!

Because much of the emotional baggage that we carry around with us relates to the past actions of people (friends, family, work acquaintances and strangers), we need to make an effort to resolve feelings associated with them.

Whether these people have slighted you, hurt you, taught you inappropriate things, abused you, disparaged you, neglected you, or ignored you, you need to address this and the best thing that you can do is send them love.

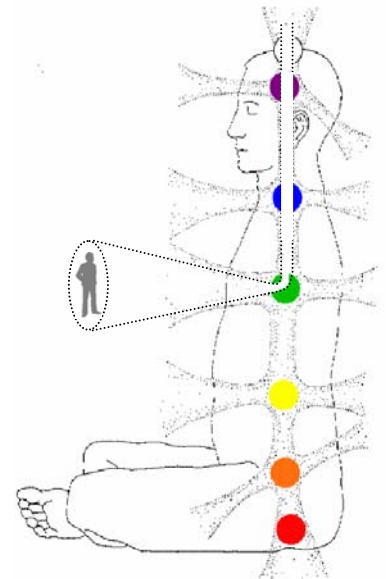
The thought of doing that may make you cringe, but, carrying around the weight of all that pain that they caused you to feel just makes them win, doesn't it?

The best way to ensure that the negative effects of people in the past are not affecting the way you function now is to resolve those issues and the most powerful tool you have is love.

The finest emotion of which we are capable is the mystic emotion.”
Albert Einstein.

Start with thinking about someone that’s in your life now that you love so very deeply. Get a clear image in your mind and let your heart open wide so that you can feel the energy of your love flowing. Stay with this image for several minutes as you bask in the glow and feel the warmth that this love generates. Now, hold onto that feeling.

- Picture the person or people that have hurt you deeply. You can do this exercise with one person in mind or think of all those who have hurt you and group them. This procedure is similar to sending Distant Reiki. Sit comfortably and calmly.
- If you are a Level One practitioner, go to the next bullet. If you are at Level II, draw the Power Symbol and Distant Symbol in the air in front of you. If you are a Master, draw the Master Symbols, Power Symbol and Distant Symbol in the air in front of you.
- Clearly envision the person / people in a circle of light about half a metre (about two feet) in diameter to cover the person/people. Take your time to get a vivid image.
- Intend that Reiki enters your crown chakra from above and comes down through the third eye and throat chakras to your heart chakra.
- Recall that feeling of love and feel it well up in your heart chakra
- Project the Reiki and love out from your front heart chakra in a cone-like fashion, like a flashlight beam, and completely outside your aura.
- Intend that the Reiki and love heal the past and dissolve any unwanted influence.
- Allow the Reiki and love to flow for as long as you are guided to do so



If you are struggling to become more spiritual, overcome the effects of your ego, ensure emotions don’t overwhelm you and just be what you feel is a “better” person, you probably have some work to do.

When you do make changes, be conscious of how things start to change, the feedback you get from the Universe and your redefining role within it.

Being a Reiki Maniac! The Effect of Using the Power Symbol

For those with at least Level II Reiki, we have an amazing ability to quickly Reiki everything and everything. But, do you?

We follow so many routines every day - we're creatures of habit. After we learn Reiki, we have to change habits to introduce Reiki into our lives but the problem is, it takes a great deal of time to change a habit and a commitment to do that.

Just to get up in the morning to get ready for work, you:

Use the washroom, have a shower, get dressed, eat breakfast and then leave for the day. Well that may be a bit simplified, but there are a multitude of opportunities for you to benefit from Reiki by symboling many things (i.e. drawing the Power Symbol and saying its name three times).

The next time you get up in the morning, become a "*Symboling Maniac.*"

Here's an example.

You get out of bed and walk into the bathroom and.....

You turn on the shower	Symbol the faucet Symbol the water Symbol the soap Symbol the shampoo Symbol the conditioner
You brush your teeth	Symbol the water Symbol the toothpaste
You comb your hair	Symbol the gel / hair spray
You apply make-up	Symbol all products
You get dressed	Symbol the clothes
You go downstairs to eat	Symbol the juice Symbol the coffee / tea Symbol the toast, cereal, etc

*What happens
when you place the Power Symbol
on something?*

*"Eventually you will come
to understand that love
heals everything, and love
is all there is."*

Gary Zukov

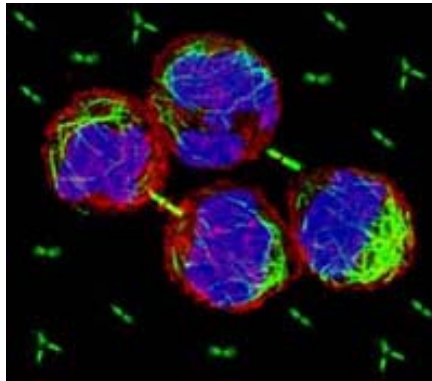
"Our intention creates our reality."

Wayne Dyer

The intent of the Power Symbol is to "put the power of the universe" into something. Perhaps we don't contemplate the enormity behind the intent. With this one simple act of drawing this symbol, charged with a positive intention, you can actually focus the loving, powerful energy of the Universe on an area or a person or object.

We tend to draw the symbol and then detach ourselves from the amazing process that follows immediately. Just as when we are attuned to this symbol and it's energy becomes embedded in our consciousness enabling us to channel it's vibration, so to does the energy embedding itself in the very structure of the cells of the recipient. It affects the very basis of the existence of each and every cell, permeating it with energy.

We would probably be awed if we could see the process. Just imagine if it had a colour and we could see the energy streaming into the cells.



It is not just the energy from the Power Symbol but the process that follows that enables a wonderful transformation to occur.

If you push something into the cells, something must leave to make room.

*" For every action
there is an equal and opposite reaction."*

That which is negative is forced from the cells and moves through the energy system of the person or object and is dispelled by it, to be dissolved. Whether it is an emotional, physical or mental block, the effect is the same. Negative is replaced with positive, damaged is replaced with healed, dark is replaced with light.

So, every time that you draw the symbol, revel in what occurs as you enable this energy to embed itself for the highest good. And after you symbol water or your food or the toothpaste, just think of what must be occurring when the substance that you helped change is utilized by you.

Practitioner Space Available

Central downtown location in Guelph, Ontario. Beautiful historic home converted into a busy, professional wellness center.

The center provides a shared reception area with waiting room, free parking for clients, Internet connection, and locked filing room. There is a central kitchen/common area for practitioners and is a Community-centered facility.

The center currently has two successful Holistic Energy Therapists, a Naturopath, Shiatsu Therapist and a Registered Massage Therapist. One room is still available within this five-room clinic. The room is approx. 10.5 x 10.5. Rent is \$500/month and includes utilities.

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